



State of Rhode Island 2016-2017 Rewards for Wellness

UnitedHealthcare's **myHealthcare Cost Estimator (myHCE)** is changing the way you access personalized information, for the better. Using your benefit information, myHCE shows you the estimated cost for a treatment or procedure, and how that cost is impacted by your **deductible, co-insurance** and **out-of-pocket maximum**. This means that you'll get an estimate of what you'll be responsible for paying out of your pocket, providing you with useful information for planning and budgeting. Even better, you have an opportunity to earn a \$50 incentive when you complete the online myHCE Activity between October 1, 2016 and October 31, 2016. There are **TWO steps** that need to be completed in order to receive your incentive:

How to earn your \$50 Rewards for Wellness Incentive:

Step 1: COMPLETE TUTORIAL. Between October 1, 2016 and October 31, 2016 go to www.wellness.ri.gov and click the myHealthcare Cost Estimator Activity Tutorial Link. Read through the tutorial and complete the quiz.

Step 2: COMPLETE ESTIMATE. Between October 1, 2016 and October 31, 2016 log onto www.myuhc.com (instructions for logging onto myuhc.com are available on www.wellness.ri.gov) and complete an estimate. The steps on how to complete an estimate are listed below.

Steps to complete an estimate on myHealthcare Cost Estimator:

Step 1: Visit myuhc.com - If you have not registered for myuhc.com, you'll need your health plan ID card or Social Security number to get started. Once you're logged in, click "Estimate Health Care Costs" on the right side of the page.

Step 2: Search for a condition or treatment - Once you've entered your ZIP code, click "Get Started". Type a treatment or condition into the search bar. Try phrases like backache, X-ray, eyes itch, etc. Then hit the search button.

Step 3: Get a quick estimate - You'll be taken to a page with various options for your treatment or condition (seen on the left). Click on your treatment or condition. A quick estimate, based on real average market costs in the search area will populate. Click on "Continue" to customize the estimate for a specific doctor or facility.

Step 4: Select a provider and/or facility - If you don't already have a doctor in mind, myHCE can help you find one. This page shows you estimates for specific doctors and facilities offering services for your search. You'll be able to compare doctors based on their estimated cost, see quality ratings and which one is nearest to you.

Step 5: Get your final estimate - When you're done, you can see your Final Estimate, which includes estimated costs from the doctor or facility you've chosen, along with up-to-date out-of-pocket estimated costs and deductibles based on your benefits and current level of coverage. UnitedHealthcare will be maintaining a list of completions, but you should print a copy of your estimate for your records and proof of completion.

Be in the know - **myHealthcare Cost Estimator** makes health care more accessible and transparent, so you can make more informed health care choices. This is a tool that is available for use at any time to UnitedHealthcare members, log onto www.myuhc.com at any time to create an estimate for you or your family!

All activity participation is tracked by UnitedHealthcare, including quiz completions for Part 1 and estimation completions or Part 2. You **do not** need to submit anything to UnitedHealthcare to earn your credit. More program details are available at www.wellness.ri.gov and in your HR department.

